

## The Goals of Early Head Start are to:

- Promote healthy prenatal outcomes for pregnant women
- Enhance the development of very young children
- Promote healthy family functioning

Early Head Start is able to support your family from pregnancy up until your child enters Head Start.

[www.ofoinc.org](http://www.ofoinc.org)



The leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities



Opportunities For Otsego  
3 West Broadway  
Oneonta, NY 13820

[www.ofoinc.org](http://www.ofoinc.org)

### This program is funded in part by:

US Department of Health and Human Services,  
Administration for Children and Families

This is an Equal Opportunity Program.  
Discrimination is prohibited by Federal law.  
Complaints of discrimination may be filed with USDA,  
Director, Office of Civil Rights Room 326-W, Whitten  
Building, 14th and Independence Ave., SW,  
Washington DC, 20250-9410

For more information contact OFO at:

607.433.8055 or  
800.986.5463

Monday – Friday  
8:00 AM – 5:00 PM

# Early Head Start



607.433.8055 | 800.986.5463

Supporting Families with Infants and Toddlers



## What Is Early Head Start?

Early Head Start is a community-based program for low-income families with infants and toddlers and pregnant women.

## What Does Early Head Start Offer?

- \$10,000 worth of services at no cost to you
- Opportunities for the whole family
- Special services for children with disabilities
- Transportation may be available

## Early Head Start Experiences for Children:

- Speech and language stimulation
- Music experiences
- Nutrition activities
- Creative arts
- Social experiences
- Health and nutrition screenings
- Activities to enhance development
- Opportunities for the entire family

## Early Head Start Experiences for Parents:

- Activities for both mom and dad
- Resource and referral services
- Nutrition activities
- Regular informational meetings
- Home visits by Early Head Start staff
- Volunteer opportunities
- Opportunities for leadership

**“ My Family Partner went above and beyond her job responsibilities. Thanks for the opportunity to benefit from such a great program. ”**

- Sarah S. -  
Early Head Start parent

## Program Options

### Home-Based services

- Weekly home visits to support child development and family functioning
- Provided throughout Otsego County

### Center-based services

- For children 6 weeks to 3 years old
- Available to working families and parents attending school
- Open 7:30 AM – 5:30 PM, Monday – Friday

### Socializations

- Monthly opportunities to interact with other children and parents
- Fun activities, valuable information, and nutritious snacks provided

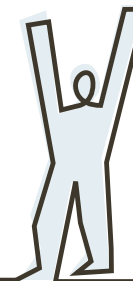
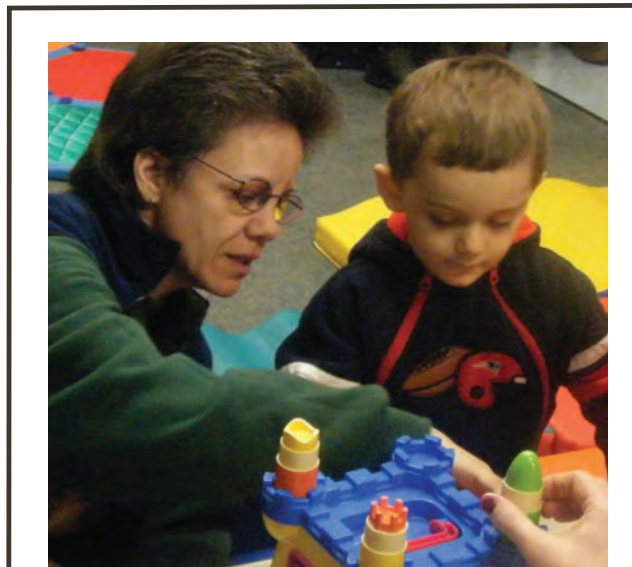
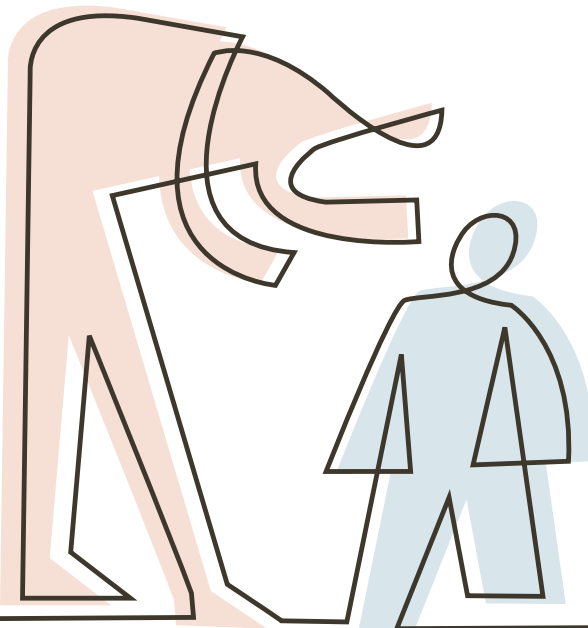
## Eligibility Based on Federal Income Guidelines

Call our main office for details:

**607.433.8055**

**“ My child enjoys coming to Early Head Start. It takes the pressure off of me knowing he is happy here. ”**

- Beverly H. -  
Early Head Start parent



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